



# CHOICES MARKET

# BONUS POINTS WEEK!

LEARN MORE ABOUT OUR  
**PREFERRED SHOPPER**  
PROGRAM ON PAGE 5

100% BC OWNED AND OPERATED

Prices Effective • January 16 - January 22, 2025

DISCOVER  
**LOCAL**

**SPECIAL PRICE**

### Choices Own Frying Chicken

100% Veggie Fed, Raised  
Without Antibiotics, Fresh,  
\$11.00/KG

**\$4.99** / LB

RECEIVE  
**300** BONUS POINTS

=**\$3.00**  
VALUE



### Nuts to You Organic Almond Butter

365g

**\$14.99**

RECEIVE  
**500** BONUS POINTS =**\$5.00**  
VALUE



DISCOVER  
**LOCAL**

### Earth's Choice Organic Ground Coffee

340g

**\$13.99**

RECEIVE  
**600** BONUS POINTS =**\$6.00**  
VALUE



### Nutiva Organic Virgin Coconut Oil

444ml

**\$14.99**

RECEIVE  
**600** BONUS POINTS =**\$6.00**  
VALUE



**SPECIAL PRICE**

**\$6.98** / EA

### Organic Lemons

Grown in USA,  
907g Bag

RECEIVE  
**100** BONUS POINTS

=**\$1.00**  
VALUE



**SPECIAL PRICE**

**\$5.98** / EA

### Hass Avocados

Grown in Mexico,  
Bag of 4

RECEIVE  
**100** BONUS POINTS

=**\$1.00**  
VALUE



### CanPrev Magnesium Bis-Glycinate 200

240 Caps

**\$35.99**

RECEIVE  
**700** BONUS POINTS =**\$7.00**  
VALUE

DISCOVER  
**LOCAL**



### Portofino Bread

Assorted Varieties

**\$6.99**

RECEIVE  
**100** BONUS POINTS

=**\$1.00**  
VALUE

DISCOVER  
**LOCAL**



### Rosstown Roasted Chickens

Assorted Varieties

**\$12.99**

RECEIVE  
**100** BONUS POINTS

=**\$1.00**  
VALUE

DISCOVER  
**LOCAL**



### AlgaeCal Plant Calcium

90 Caps

**\$36.99**

RECEIVE  
**800** BONUS POINTS

=**\$8.00**  
VALUE

# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Bunch Broccoli**  
Imported,  
\$7.67/KG

**\$3.48 / LB**



**Organic Bunch Carrots**  
Grown in USA

**\$2.98 / EA**



**Zucchini**  
Grown in Mexico,  
\$3.26/KG

**\$1.48 / LB**

**Organic Blueberries**  
Grown in Peru,  
170g Pkg.



**\$3.98 / EA**

**Organic Celery**  
Imported,  
\$4.37/KG



**\$1.98 / LB**

**Gourmet Bouquet**



**\$24.98 / EA**

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$14.99 / LB**

## Ribeye Grilling Steak or Roast

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, Value Pack, Imported, \$33.05/KG



CANADIAN

**\$13.99 / LB**

## Organic Lean Ground Beef

Grass Fed, Grain Finished,  
Fresh, Value Pack, \$30.84/KG



WESTERN CANADIAN

**\$6.99 / LB**

## Boneless Pork Chops

Raised Without Antibiotics,  
Fresh, \$15.41/KG



DISCOVER LOCAL

## Split Chicken Wings

100% Veggie Fed,  
Raised Without Antibiotics, Fresh,  
Also Marinated  
\$17.61/KG

**\$7.99 / LB**



**\$9.99**

## Northern Glacier Hand Peeled Cooked Shrimp

Ocean Wise, Frozen, 340g



DISCOVER LOCAL

## Rosstown Marinated Chicken Breast

Fresh, Boneless  
Skinless, Raised  
Without Antibiotics,  
\$29.74/KG

**\$13.49 / LB**

## Ahi Tuna Steaks

Ocean Wise,  
Frozen or  
Previously Frozen,  
6 oz

**\$4.49**



WILD CAUGHT

## Old Country Pasta

Select Varieties



DISCOVER LOCAL

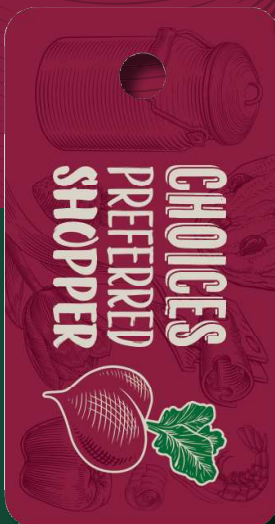
**20% OFF**

# BECOME A PREFERRED SHOPPER

Join today to receive  
exclusive discounts and collect  
points on your purchases.

Scan here to join

When you hit 2,000 points,  
you'll receive  
\$20 off your groceries!





**Maple Hill Farms**  
**Free Range Large Eggs**  
 1 Dozen **\$6.49**



**Pulp & Press**  
**Organic Elixir**  
 4 Pack **\$10.99**  
 plus deposit & eco fees



**Mogiana**  
**Whole Bean Coffee**  
 340g **\$15.99**



**Nuts to You**  
**Peanut Butter**  
 750g **\$7.99**



**RW Knudsen**  
**Just Juice**  
 946ml **\$12.99**  
 plus deposit & eco fees



**Capilano**  
**Organic Honey**  
 375g **\$7.99**



**Bonne Maman**  
**Spreads**  
 Select Varieties,  
 250ml **\$5.99**



**Prana**  
**Organic Granolove**  
 Select Varieties,  
 300g **\$4.99**



**Holy Crap**  
**Super Seed Blend**  
 225g **BUY 1 GET 1 FREE**

**DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND**



**Califia Farms**  
**Oat & Almond Beverage**  
 Select Varieties,  
 1.4L **\$4.99**  
 plus deposit & eco fees



**The A2**  
**Milk Company Milk**  
 2L **\$6.99**  
 plus deposit & eco fees



**Dairyland**  
**Organic Milk**  
 1.89L **\$5.99**  
 plus deposit & eco fees



**Olympic**  
**Organic Yogurt**  
 Select Varieties,  
 1.75kg **\$11.99**



**Liberté**  
**Méditerranée Yogourt**  
 500g **\$5.99**



**Riviera**  
**Petit Style Yogurt**  
 Select Varieties,  
 4 Pack **\$5.99**



**Blue Diamond**  
**Almond Breeze**  
 946ml **2 FOR \$5.00**  
 plus deposit & eco fees



**Silk Dairy-Free**  
**Shredded & Sliced Cheese**  
 113g - 200g **\$5.99**



**Saputo**  
**Feta Cheese**  
 200g **\$4.99**



**Rise Organic Kombucha**  
1L

**\$7.99**

plus deposit & eco fees

**NEW TO CHOICES**

**Kabrita Goat Milk Based Toddler Nutrition**  
800g

**\$39.99**



**Remedy Organic Kombucha**  
4 Pack

**\$7.99**

plus deposit & eco fees



**Smart Sweets Low Sugar Gummies**  
45g & 50g

**2 FOR \$7.00**



**Made Good Soft Baked Mini Cookies**  
120g

**2 FOR \$7.00**



**Love Good Fats Keto Friendly Bars**  
39g

**2 FOR \$5.00**



**Whittaker's Chocolate Bars**  
200g & 220g

**\$5.99**



**Snyder's Pretzels**  
220g

GLUTEN FREE

**\$5.99**

**NOURISHING LIFESTYLES SINCE 1990**



**Amy's Organic Soup**  
398ml

**\$4.99**



**Pacific Foods Organic Soup**  
946ml - 1L

**\$5.99**



**Sigdal Bakeri Crispbread**  
190g - 235g

**\$6.99**



**Carbone Pasta Sauce**  
660ml

**\$10.99**



**Rizopia Organic Brown Rice Pasta**  
Also Organic Quinoa Pasta, 340g & 454g

**2 FOR \$7.00**



**Floating Leaf Wild Rice Blend**  
Select Varieties, 120g & 400g

**\$3.99**



**Konscious Sushi Rolls**  
Also Poke Bowls  
Frozen, 210g - 293g

**\$7.99**



**Kikkoman Teriyaki Sauces & Glazes**  
Select Varieties, 290ml - 472ml

**20% OFF**



**Big Mountain Bites**  
Also Crumbles, Veggie Links & Patty, 300g - 400g

**\$5.99**



— DISCOVER —

**THOUSANDS**

**OF LOCAL**

**CHOICES**

**CHOICES**



**MARKET**

# DELI PREPARED FRESH



**Choices Ready to Eat Salad Bowls**  
240g - 440g

**\$10.49 / EA**



**Choices Pot Pies**  
Chicken, Beef, Turkey Cranberry or Masala Vegetable,  
245g - 320g

**\$7.99 / 100G**



**Choices Veggie Cakes**  
140g

**2 FOR \$6.00**



**Choices Hot Beef or Turkey Chili**  
16oz/ Medium

**\$6.99 / EA**



**Habibi's Dips & Hummus**  
Assorted Varieties,  
200g - 240g

**\$4.99 / EA**



**Rosemary or Pepper Ham**

**\$3.49 / 100G**



**Edam Cheese**

**\$3.99 / 100G**



**Natural Pastures Cheese**  
Select Varieties

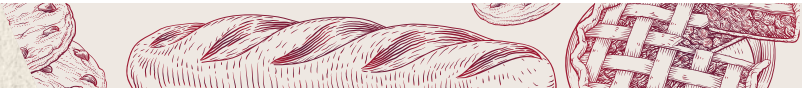
**\$4.99 / 100G**



**Havarti Cheese**  
Assorted Varieties

**\$3.29 / 100G**

# BAKERY FRESH BAKED • WHOLESOME



**Choices Multigrain Baguettes**  
300g

**\$2.99**



**Old Fashioned Porridge Bread with Whole Wheat**  
500g

**\$4.99**



**Choices Morning Glory Muffins**  
4 Pack

**\$6.49**



**Choices Raspberry White Chocolate Cake Tray Bake**  
Also Coconut Dulce Cookie Cake Tray Bake  
215g - 295g

**\$8.99**



**Choices Indulgence Brownie**  
Also Salted Caramel Brownie, 150g - 170g

**\$6.99**



**Wise Bites Cookie Treats**  
150g

**\$6.99**



**Queen St. Bakery Superfood Bagels**  
5 Pack

**\$7.49**



**Carbonaut Loaf**  
Seeded, White or U.F. Oat  
355g - 544g

**\$7.99**



**Choices Keto Nanaimo Bar**  
80g

**\$3.99**



# BECOME A PREFERRED SHOPPER

Join today to receive exclusive discounts and collect points on your purchases. When you hit 2,000 points, you'll receive \$20 off your groceries!



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**La Presserie  
Ramen Soup**  
Frozen, 500g

**\$12.99**



**Egglife  
Egg White  
Wraps**  
170g

**\$7.99**



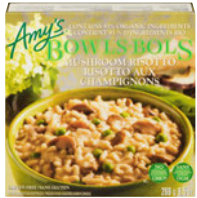
**Solo's  
Superfruit  
Purée**  
240ml & 250ml

**\$8.99**



**Maple Joe  
Organic  
Maple Syrup**  
355ml

**\$9.99**



**Amy's  
Meals & Bowls**  
Select Varieties,  
Frozen,  
241g - 284g

**\$6.99**



**Holy Napoli  
Pizza**  
Frozen,  
365g - 425g

**\$8.99**



**Bamboolia  
Bamboo  
Bathroom  
Tissue**  
4 Rolls

**2 FOR \$7.00**



**Nature Clean  
Liquid  
Laundry  
Wash**  
3L

**\$14.99**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**A. Vogel  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**LeanFit  
Proteins &  
Sports Nutrition  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**St. Francis  
Herb Farm  
Herbal  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Bio-K Plus  
Probiotics**  
Dairy or Non-Dairy  
Assorted Varieties,  
6 Pack

**\$22.99**



**withinUs  
TruMarine  
Collagen**  
Assorted Varieties  
& Sizes

**20% OFF**



**Martin &  
Pleasance  
Ki Immune  
and Cold & Flu  
Supplements**  
Assorted Varieties  
& Sizes

**25% OFF**



**Genuine Health  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**Progressive  
Vitamins &  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**MegaFood  
Vitamins and  
Supplements**  
Assorted Varieties  
& Sizes

**20% OFF**



**NutraSea  
Omega-3  
Fish Oil**  
Assorted Varieties  
& Sizes

**20% OFF**



**BulletProof  
Brain Octane  
or XCT Oil**  
Assorted Varieties  
& Sizes

**20% OFF**



**Natracare Natural  
Feminine Hygiene Products**  
Assorted Varieties & Sizes

**20% OFF**

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Cambie - 3493 Cambie St, Vancouver  
Kitsilano - 2627 W 16th Ave, Vancouver  
Commercial Drive - 1045 Commercial Dr, Vancouver

North Vancouver - 801 Marine Dr, North Vancouver  
South Surrey - 3248 King George Blvd, Surrey  
Burnaby Crest - 8683 10th Ave, Burnaby  
Abbotsford - 3033 Immel St, Abbotsford  
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